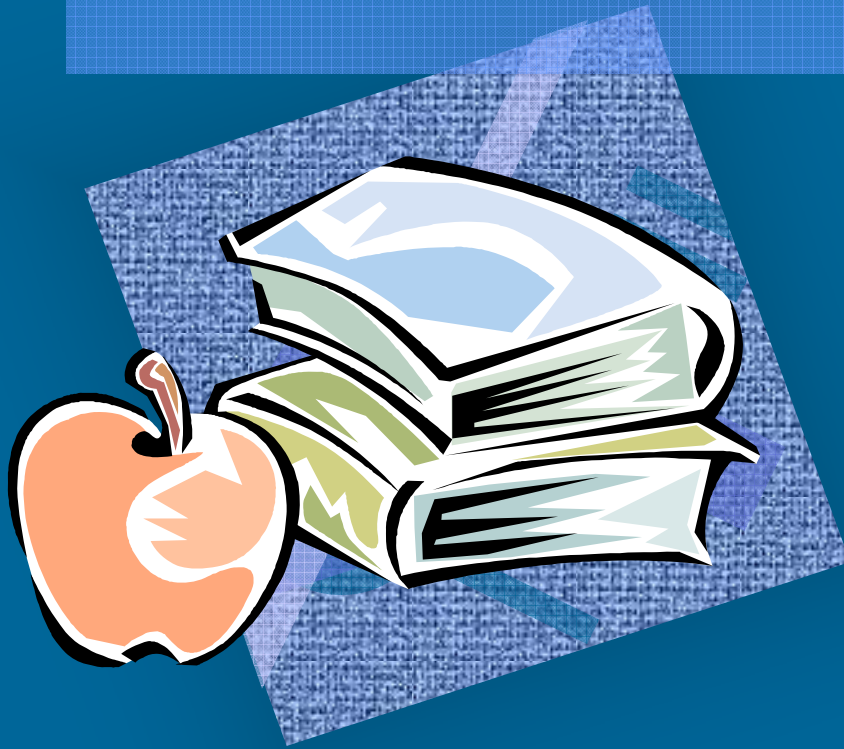


School Meals Initiative



What is SMI?

School Meals Initiative Review

- Regulations
 - on nutrition aspects
 - on menu planning approaches
- Policies to promote healthy school meals

Goals of the Nutrition Review

- Determine level of compliance with nutrition standards
- Develop plan to continue progress towards compliance
- Provide technical assistance
- Follow-up

CFR 210.10 (a) (1)

210.10 What are the nutrition standards and menu planning approaches for lunches and the requirements for afterschool snacks?

(a) What are the general requirements?

(1) General nutrition requirements.

Schools must **provide nutritious and well-balanced meals** to all the children they serve.

CFR 210.10 (a)(1)(i)

210.10 (a)(1)(i) Requirements for lunch. For children age 2 or older, schools must offer lunches that meet, at a minimum, the nutrition standards in paragraph (b) of this section. Compliance with the nutrition standards and the appropriate nutrient and calorie levels is determined by averaging lunches planned to be offered over a school week. Under any menu planning approach, schools must plan and produce at least enough food to meet the appropriate calorie and nutrient levels for ages/grades of the children in the school.

SMI Basics - School Week

- **3-7 consecutive days**
- **Usually is normal school week of 5 days**

Basis for Nutrient Standards

- 1/3 of the Recommended Dietary Allowances (RDAs) for lunches for protein, calcium, iron, vitamin A and vitamin C in the appropriate levels for ages/grades
- Applicable Dietary Guidelines



DIETARY GUIDELINES FOR AMERICANS



AIM FOR FITNESS...

- ▲ Aim for a healthy weight.
- ▲ Be physically active each day.

BUILD A HEALTHY BASE...

- Let the Pyramid guide your food choices.
- Choose a variety of grains daily, especially whole grains.
- Choose a variety of fruits and vegetables daily.
- Keep food safe to eat.

CHOOSE SENSIBLY...

- Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
- Choose beverages and foods to moderate your intake of sugars.
- Choose and prepare foods with less salt.
- If you drink alcoholic beverages, do so in moderation.



...for good health

Production and Menu Records

CFR 210.10(a)(3)

(3) Production and menu records.

School **must keep production and menu records** for the meals they produce. These **records must show how the meals contribute to the required food components, food items or menu items every day.** In addition, for lunches, these records must show how the lunches contribute to the nutrition standards in paragraph (b) of this section and the appropriate calorie and nutrient levels for the ages/grades of the children in the school(...) over the school week.

Procedures for Review

For food-based systems:

- On-Site Evaluation**
 - Menu and Meal Service**
 - Production Records**
 - Standardized Recipes**
 - Nutrition Education**

Procedures for Review

For food-based systems:

- **A nutrient analysis is based on documentation supplied by the SFA.**
- **If nutrient analysis has been done by SFA, determine if procedures were followed correctly and check source documents.**

Calories and Nutrients in the Nutrient Standards

Standards are set for:

- Calories
- $\leq 30\%$ calories from total fat
- $< 10\%$ calories from saturated fat
- Protein
- Calcium
- Iron
- Vitamin A
- Vitamin C

Nutrient Standards for Required Grade Groups for Traditional Meal Pattern: Lunch

**Calorie and Nutrient Levels for School Lunch
(school week averages)**

	Pre-School	Grades K-3	Grades 4-12	Option Grades 7-12
Energy Allowances (calories)	517	633	785	825
Total fat	1	1	1	1
Total saturated fat	2	2	2	2
Protein (g)	7	9	15	16
Calcium (mg)	267	267	370	400
Iron (mg)	3.3	3.3	4.2	4.5
Vitamin A (RE)	150	200	285	300
Vitamin C (mg)	14	15	17	18

Foot Notes

- 1 Total fat not to exceed 30 percent of calories over a school week**
- 2 Saturated fat to be less than 10 percent of calories over a school week**

Other Nutrients and Dietary Components Analyzed

- **Cholesterol**
- **Dietary fiber**
- **Sodium**
- **Carbohydrates (optional)**

Reviewer will evaluate:

- **variety**
- **menu planning principles**
- **portion sizes**
- **grain/bread servings requirement**
- **fruit/vegetable servings requirement**

Determine Compliance with Nutrition Standards

- Provide 1/3 RDA of selected nutrients for lunch
- Provide 1/3 lunchtime energy allowance
- Dietary Guidelines especially:
 - 30% or less of total calories from fat
 - less than 10% of calories from saturated fat

IN Dept. of Education
County- Elem (4-6)
(1/3 RDA) : Grade 4-12

Monday	Tuesday	Wednesday	Thursday	Friday
	Sep - 3	Sep - 4	Sep - 5	Sep - 6
	Pizza, Pepp 4X6, Tony' Corndog California Blend Vegeta Tossed Salad Canteloupe Fruit/Vegetable Bar Fruit/Vegetable Bar Add Milk Variety - Johnson	CHICKEN,OVEN FRIE Pork Patties, Brd. & Ck Beans, Green Cnd. Tossed Salad PEACHES Fruit/Vegetable Bar Fruit/Vegetable Bar Add ROLLS Milk Variety - Johnson	Ham Cheese PB & J Cups Tator Tots WATERMELON,CHU Ham & Cheese Sandwi Fruit/Vegetable Bar Fruit/Vegetable Bar Add Iron Kids Bread Hamburger Bun Milk Variety - Johnson PEANUT BUTTER CO	TACO,BEEF TUNA SALAD Ham & Cheese Sandwi QUICK BAKED POTA BROCCOLI,raw CAULIFLOWER,raw SALSA,COMMODITY PEARS Fruit/Vegetable Bar Fruit/Vegetable Bar Add Iron Kids Bread Milk Variety - Johnson
	<div>Cals... 555 71% Target</div> <div>Chol... 42 Mg</div> <div>Sodium... 1495 Mg</div> <div>Fiber... 5.2 G</div> <div>Iron... 3.7 Mg 88%</div> <div>Calcium 616.8 Mg 167%</div> <div>Vit A 685 RE 240%</div> <div>Vit C 41.9 Mg 241%</div> <div>Prot 27.7G 20.0%Cal</div> <div>Carb 69.3G 50.0%Cal</div> <div>T.Fat 19.4G 31.5%Cal</div> <div>S.Fat 7.8G 12.6%Cal</div>	<div>Cals... 668 85% Target</div> <div>Chol... 90 Mg</div> <div>Sodium... 705 Mg</div> <div>Fiber... 5.7 G</div> <div>Iron... 4.8 Mg 113%</div> <div>Calcium 391.6 Mg 106%</div> <div>Vit A 449 RE 157%</div> <div>Vit C 18.5 Mg 106%</div> <div>Prot 36.7G 21.9%Cal</div> <div>Carb 77.8G 46.6%Cal</div> <div>T.Fat 24.0G 32.3%Cal</div> <div>S.Fat 6.4G 8.6%Cal</div>	<div>Cals... 675 86% Target</div> <div>Chol... 66 Mg</div> <div>Sodium... 1349 Mg</div> <div>Fiber... 5.5 G</div> <div>Iron... 2.2 Mg 51%</div> <div>Calcium 508.1 Mg 137%</div> <div>Vit A 369 RE 130%</div> <div>Vit C 19.5 Mg 112%</div> <div>Prot 24.4G 14.4%Cal</div> <div>Carb 69.9G 41.4%Cal</div> <div>T.Fat 31.9G 42.6%Cal</div> <div>S.Fat 12.6G 16.8%Cal</div>	<div>Cals... 671 85% Target</div> <div>Chol... 61 Mg</div> <div>Sodium... 715 Mg</div> <div>Fiber... 9.5 G</div> <div>Iron... 5.1 Mg 120%</div> <div>Calcium 507.4 Mg 137%</div> <div>Vit A 371 RE 130%</div> <div>Vit C 41.9 Mg 241%</div> <div>Prot 28.8G 17.2%Cal</div> <div>Carb 89.4G 53.3%Cal</div> <div>T.Fat 23.8G 31.9%Cal</div> <div>S.Fat 7.9G 10.6%Cal</div>

	Average	Target	% of Target		Average	% of Calories	Target
Calories	642	785	82%	Protein	29.39 G	18.31%	14.56
Cholesterol	65 Mg			Carbohyd	76.60 G	47.71%	
Sodium	1066 Mg			Tot. Fat	24.78 G	34.72%	<30.00%
Fiber	6.48 G			Sat. Fat	8.68 G	12.16%	<10.00%
Iron	3.94 Mg	4.23	93%				
Calcium	505.97 Mg	370.44	137%				
Vitamin A	468 RE	285	164%				
Vitamin C	30.48 Mg	17.42	175%				

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Sep 3, 2002 thru Sep 6, 2002 Spreadsheet

Oct 21, 2002

County- Elem (4-6)

	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	RE Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	T. Fat % Cals	G S-Fat	S. Fat % Cals
Tue - 09/03/2002	555	42	1495	5.19	3.74	616.80	685	41.91	27.72	69.30	19.42	31.51%	7.76	12.59%
Wed - 09/04/2002	668	90	705	5.72	4.80	391.57	449	18.54	36.65	77.79	23.97	32.29%	6.42	8.64%
Thu - 09/05/2002	675	66	1349	5.49	2.17	508.11	369	19.51	24.35	69.87	31.91	42.56%	12.62	16.83%
Fri - 09/06/2002	671	61	715	9.53	5.07	507.39	371	41.95	28.84	89.42	23.81	31.92%	7.92	10.63%
Weighted Average	642	65	1066	6.48	3.94	505.97	468	30.48	29.39	76.60	24.78	34.72%	8.68	12.16%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	642		785	82%		143	Correction Required - Calories are Low
Cholesterol (Mg)	65		0				
Sodium (Mg)	1066		0				
Fiber (G)	6.48		0.00				
Iron (Mg)	3.94		4.23	93%		0.29	Correction Required - Iron is Low
Calcium (Mg)	505.97		370.44	137%			
Vitamin A (RE)	468		285	164%			
Vitamin C (Mg)	30.48		17.42	175%			
Protein (G)	29.39	18.31%	14.56	202%			
Carbohydrate (G)	76.60	47.71%	0.00				
Total Fat (G)	24.78	34.72%	<30.00				Correction Required - Total Fat too High
Saturated Fat (G)	8.68	12.16%	<10.00				Correction Required - Sat. Fat too High

Weighted Analysis

Gives more weight to popular choices selected by students when choices or offer versus serve is used.

Weighted Nutrient Analysis

Entree Items	Actual Servings Planned	Data Entry Servings Planned	Nutrient Composition
Pizza	200	200	66.7%
Baked chicken	50	50	16.7%
Chef's salad	50	50	16.7%
Total	300	300	100%